

Bugs on a Log

Rating: ★★★★★

Makes: 1 serving

Ingredients

"Bugs"

1 tablespoon raisins (regular or golden)
whole grain cereal
peanuts (chopped)

"Logs"

1 celery stalk (Cut into 3 pieces)
apple slices
Carrot, raw (Sliced lengthwise and cut into 3 pieces)

Spread

1 tablespoon cream cheese, low fat (Cream Cheese (spread))
cheese spread, low-fat (with pimienta)

Directions

Choose one "log" option, top with a spread and sprinkle with a "bug."

Notes

Recipe cost and nutrient analysis are based on using celery, low-fat cream cheese, and raisins.

National Network for Childcare

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	47	
Total Fat	2 g	3%
Protein	1 g	
Carbohydrates	6 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	1 g	5%
Sodium	85 mg	4%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/4 cup